## NUTRITION AND PHYSICAL ACTIVITY PROGRAM

The NPA program is committed to empowering and educating members of the community on ways to eat healthier and increase physical activity to help maintain a healthy weight. The team utilizes the following evidence-based curricula to provide optimal education to every age group:

**EAT. PLAY. GROW.** (for ages 2-5)

Creative educational approach to teaching children and their parents how to make healthy nutrition and physical activity choices.

## CATCH

(Elementary, Middle, and High School ages)

Designed to create behavior change by enabling children to identify healthy foods and increase physical activity.

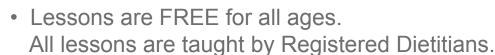
**COOKING MATTERS** (for everyone ages 7+)

Hands-on activities that will improve skills at planning and preparing healthy and tasty meals.

CHRONIC DISEASE PREVENTION CLASSES Educates participants about prevention and management of chronic diseases such as: diabetes, hypertension, and heart diseases. (For Adults)

**SENIOR CLASSES** 

Participants learn about various nutrition topics related to healthy aging. (For Seniors)





- Sessions are 45 minutes to 1 hours long but can be modified to fit organization's needs.
- Participating facilities can schedule either 1-2 sessions.
- How can I participate?
  - Schools, community centers, after school programs etc.,



## To schedule a free session email/call us:



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